

**AMENDMENT AND RESPONSE TO OFFICE ACTION**

Dear Sir:

In response to the nonfinal Office Action dated October 1, 2002, please amend the specification and claims as follows:

**In the Specification:**

At page 6, lines 3-5, please amend the paragraph as follows:

A1  
The grip handle resembles that of a conventional baseball bat handle. The shaft and the handle may be composed, for example, of aluminum or a metal alloy. A leather wrap, foam grip or other suitable material covers the handle to give the user a comfortable non-slip surface to hold.

At page 9. lines 7-10, please amend the paragraph as follows:

A2  
A stop 22 is attached to the shaft 12 by an epoxy glue, a stand roll, shear or spring pin 17 or other suitable means, adjacent to the handle 14. The shaft 12, end cap 18, and stop 22 can be made of aluminum, plastic or other suitable material.

At page 11, lines 15-18, please amend the paragraph as follows:

A3  
If desired, the batting trainer of this invention may be made with varying sized handles and grips to accommodate people with varying hand sizes. The head is adapted to receive interchangeable weighted members selected from the group consisting of 12, 16, 20, 26 and 32 ounces. The handle is removable and interchangeable with handles of differing sizes and weights. Various lengths for shafts 12 may also be used, and interchangeable heads 16 and the cap 40 may be made with varying weights to alter the difficulty level of the swing trainer 10.

At page 12, lines 16-22, please amend the paragraph as follows:

A4  
As the user becomes increasingly proficient using the swing trainer 10, the user can increase the resistance of the trainer 10 by increasing the weight of the rod 40 inside the shaft 12, or both.